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ABSTRACT

Suggestions about parenting and family relationships are presented in two booklets, one in English and one in Spanish. The Spanish booklet follows roughly the plan of the English booklet, but has been simplified. The booklet begins with a discussion of a philosophy of parenting, examining the importance of self-concept and the formation of values formed in the family context. Ways to help children develop a positive self-image are discussed, and an action plan is emphasized. Resources are provided which will help parents in developing and implementing an action plan. These include tips for "getting it together," a feelings display, an instrument to help children determine what they value, ten principles of behavior change, objectives of effective parenting, and a list for identifying roadblocks to good communication. A counseling bibliography is included. (RM)

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DEMONSTRATION READING PROGRAM

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U.S. DEPARTMENT OF EDUCATION
WASHINGTON D.C.
THE NATIONAL DIFFUSION NETWORK

This Booklet is
Dedicated to Parents
So Frequently
Criticized and So
Infrequently Helped

Written and Compiled
by
Mary A. Guillen
Project Counselor
De Anza Reading Center

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ONTARIO—MONTCLAIR
SCHOOL DISTRICT

DEMONSTRATION READING PROGRAM

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Dear Parents:

This booklet is dedicated to you! Your vocation is constantly under severe criticism, but little is done to assist you in becoming more effective and skilled in promoting the formation of your children.

Today there is much discussion and concern about vocational education in our public school system. Yet our students continue to be thrust into parental roles with little or no preparation for parenthood. Often, they are little more then children themselves. Thus, parenthood continues to be a hit or miss effort.

Without a doubt, a basic philosophy and some fundamental skills and attitudes are necessary in order to develop individuals who will be realistically ready to embrace responsible parenthood and effective in the promotion of a positive self concept. I wrote this booklet in an effort to help you define and clarify your own philosophy. I sincerely hope it will prove helpful.

Sincerely,

Mary A. Guillen

Mary A. Guillen, Project Counselor
De Anza Reading Center

MAG:bc

A PHILOSOPHY OF PARENTING

Parenting is a call to you to be responsible, mature, and skillful in the manner in which you guide and discipline your children. Yours is a delicate task, based on a sensitive modeling of your highest values.

Fundamental to your effectiveness as parents, as well as to the healthy development of your children, is your understanding of self concept. Self concept is the total sense of worth a person feels. Am I worthwhile? We ask this time and again in the process of our own human growth and development. This is the most critical question each of us faces repeatedly throughout life. Based on each person's response, negative or positive, life decisions are made. These decisions lead to a sense of success or failure, to a feeling of being a winner or a loser.

As parents, your own sense of self worth must be well understood because you are the most influential models for your children. Obviously, if you have a pervasive sense of inadequacy, failure, or ineffectiveness and you are not coping with these feelings, they will be reflected in your children; in their behavior, their attitudes, orientation in life situations and daily decisions.

The opposite is equally true. If, as parents, you are working out your problems and concerns in positive and constructive ways, this too will be reflected in your children's attitudes and behavior.

If you believe in the positive possibilities for change in the human person, then you will agree that people can be helped. Person is process. I believe human beings can choose to improve given the opportunity and help. The self image, no matter how damaged can be helped to heal, to improve, to be re-constructed.

Parents: your children depend on you in their formative years for appropriate modeling. How you confront and solve problems, how you cope with your moods and feelings, how you grow in your marriage, career and leisure activities, will, to a large extent, determine how your children will cope with their daily life.

From the moment a child is born and either wanted or rejected, the flow of relationship from parent(s) to child will be one of negative and positive factors. From this time on you will parent a child oriented to self acceptance, loving and caring about self and others, or self rejecting and negative toward others.

Therefore, acceptance is the first key aspect of a positive philosophy in parenting because it will open the door of the personality to trust. Bound closely to this is a parent who can be firm, but kind. This is not an easy balance to achieve, but mistakes made in an effort to be firm and kind can be easily forgiven. There are no guarentees when dealing with the mystery of the human person. Parents' best efforts can sometimes be lost on a child who has opted to be a loser. There is too much complexity in life to avoid rare tragedies. You need to feel that when you do your best - you can do little more. However, in this day and age there are many resources outside the home where you can find help when you are confronted with serious and deep problems. There is still too much pride and reluctance to seek outside help from professionally qualified persons whose whole expertise is to assist you not replace you or compete with you (e.g., counselors, psychologists, psychiatrists, etc.)

Trust is a second important component of a healthy parencing philosophy. This is a difficult rapport to establish because human nature seems so often inclined to fear, dishonesty and mistrust. Because of this the early childhood experiences of trust are very important to a healthy develompent. The child needs to be helped, not to fear you as a parent, but to respect your fimrness in establishing limits and order. Again, the key is a balance between trust based on love, and respect based on firmness.

Finally, the creativity which lies at the very heart of the human personality needs to be recognized and valued. This potential for creativity has infinite possibilities within each human person. Yet it is the most difficult aspect

to deal with because it escapes definition. In trying to define it, it's meaning is lost - it will not be defined. It is what makes each person unique, special, unlike any other being ever before created or ever again to be conceived. You see it in each of your children, each so different, so special.

I have only selected some factors that can be basic to a healthy philosophy of parenthood: acceptance, trust, and creativity. I believe that parents who at heart, are accepting, trusting, and creative will be the parents who are honestly in tune with themselves and therefore open to their own children's dynamic growth and development.

This is your home! Your home is your sacred domain. It is there that your children will learn what it means to be a person within a community of love. Singly, or as the traditional couple, you will model what it means to be a responsible person. A person who values self and the others in the family. Because the children see the parent or parents appreciating each other, they will, in turn, learn to value and appreciate other persons. They will see you unselfishly share, and they will want to be sharing people. They will learn from you the difference and value of being both an individual and a (group) family member as well as the difficult task of learning when to compromise for the greatest good. They will learn that caring often involves pain within a family. This will show them what real love means - being unselfish. When they see you model this unselfishness in the numerous ways you are always giving to them - they will learn invaluable lessons of caring.

Trust is essential because it will build a strong faith in the human family. Only on the basis of this trust and faith will hard times be overcome and understood. The many daily tensions, hardships, problems, and difficult situations that are part of the natural growth and development of family living will be borne with greater understanding, caring, cooperative effort, and compassion. This is your home and your children need your comfort, security, love and discipline more than anything else within that home.

They do not need to see you or your home as perfect. Rather they need to see how well and how gracefully you accept your own limitations and problems, as

well as your joys and successes. From "toddlerhood" through "teenescence" they need you to love them through the difficult and easy times. They need your guidance even when they put on a "know it all mask" as teenagers. They need you to stand by them even when they appear to be pushing you away! They fear, through these difficult years, that you will abandon and reject them or that they will let you down or dissapoint you.

Though their bodies appear adult, in many ways they are still children and need your warmth, tenderness and concern. They want you to let go but not completely.

Their emotions are tender - so tender and sensitive! Through the noise, laughter and masks, they need you to be sensitive to their feelings even though they so often seem insensitive to yours. It is critical that you be more mature than they are, at least most of the time.

Here is where trust comes into special play. The time comes when you will need to translate that trust into open honesty. They will have an infinite number of questions, confusions, hurts, etc. They need your frankness and willingness to risk self-disclosure so that they can see you, not only as parents, but as deeply sensitive human beings struggling to continue to grow.

It is in the context of family living that values are formed. It is essential that as parents you have your own system clearly defined. Not what you say is important to you, but what you believe in enough to live by. Especially important are your cultural, religious, and moral values. Your children will test you to see if you live a double standard. They will hear you when you say "never cheat, steal or lie" - but wonder why you bring things home from work, cut corners on income taxes, and say "tell him I'm not home" when you'd rather not talk with someone. In turn, your children will begin to rationalize "little lies", "little thefts", and "cutting corners". Honesty, integrity, and moral uprightness will only be instilled through positive adult, parental modeling. It is vital that parents be compassionate when dealing with their own and their children's weaknesses and failures. With forgiveness healing will be easy. Rigidity, without compassion, will lead to alienation, loneliness and harsh insensitivity.

Ever so gradually, from their most tender years, children need to be helped to understand the responsibilities and privileges of adulthood as well as those of childhood. The most effective way to teach your children is by your good example. By modeling honesty, integrity, and moral strength - you will most likely develop honest, upright, caring persons.

HOW CAN YOU PROMOTE A POSITIVE SELF IMAGE IN YOUR CHILDREN?

It is important that you begin as early in their development as possible.

Children need to be guided, encouraged and disciplined consistently. They need to experience appropriate consequences and positive reinforcement for their behavior. This is as important as disciplining them when they misbehave.

Your responses will insure healthy psychological growth.

When your child does something that pleases you, respond positively. Your child is likely to repeat good behavior when you acknowledge it. If you are always responding only to negative behavior, your child will repeat it because a child prefers to be nagged at, criticized, or punished rather than be ignored.

Remember that behavior can change, but it takes time and patience. Learn what your child considers rewarding. Little children respond to hugs, smiles, compliments and privileges. Older children, especially adolescents, are more difficult to cope with. Watch for signs of encouragement, confidence, happiness and approval. Moodiness, tantrums, loudness, and insults need to be observed and dealt with. It is important to keep reminding and not give up. Feelings are of vital importance, your own as well as your children's. If they are to deal well with their feelings, they will need your help. In the booklet I have included a "Feelings Display" on page 15. Only a few feelings are mentioned, but they provide a good beginning vocabulary. It is good for you to share how you feel with your children, whether the feelings are positive or negative. It is even better when you are a secure enough person to allow your children to share their feelings with you. Many times relationships begin to break down, to fall apart, when people deny their feelings and refuse to express them or even to accept them.

Let me use just one emotion, hurt feelings, as an example. So often we hurt and are hurt by others. When we do this, or it is done to us, we seldom deal with it, talk about, apologize for it, or acknowledge it. How does your child express hurt (or any other emotion)? Through tears? Silence? Anger? Self-confinement? etc? Does the manner in which your child expresses hurt feelings, injure more than help? If so, your child needs your help in understanding what the feeling

is and how to deal with it in a constructive manner. It will not help to make less of it, deny it or put him/her down for it. It will help to sit down and listen and talk about it. This is true especially with the adolescent, but necessary even with the younger child, as long as the child can understand. With the very small, non verbal child and the infant, the simplist expressions of approval or disapproval will be enough.

It is important to take time, to be observant and especially to be sensitive to your children's moods and feelings, worries and anxieties. Everyone is overly busy today. Parents especially are overworked, underpaid and underappreciated. Nevertheless, vigilance for your children's welfare and security is extremely important. Drugs, alcohol, pornography and a multitude of other distractions try to capture your children's minds, imaginations and energies. These energies need so desperately to be channled into their studies and healthy personal and social growth.

In order for your children to be able to use their energies constructively, they need to be persons who know how to set personal goals. They need practice and good modeling from you! How you plan your day, week, month, year; how you budget and spend dollars; how you vacation and relax; how you approach your job or career; how you evaluate your plans; all demonstrate your ability and effectiveness in setting goals.

There are several criteria which can indicate your children's ability to set objectives.

Do they have some kind of schedule?

A time to get up; a bed time; a study time; a chore time?

How are they about thier health habits?

Bathing; dental; diet; general cleanliness and tidiness about self and clothing.

How well do they follow through when you give them a task?

How independent are they in their own self care?

When they talk, do they speak about goals?

"Today I'm going to try and get a better grade on my history test!" etc.

Are they responsible for their needs?

Are you forever running forgotten lunches, lunch money, P.E. clothes, etc., to school?

Answers to these questions can be indicators of poor planning and poor modeling. Responsibility is a direct outgrowth of these areas of goal setting and goal completion.

A child who has well modeled values and goals, is likely to be a responsible and happy child, confident that he/she can succeed in daily life.

A child who has great difficulty in <u>many</u> of these areas is likely to be a child who is easily discouraged, is always blaming someone else for his/her inabilities, and feels very inadequate - sometimes to the point of anger, depression, withdrawal or even open hostility.

What can be done about this youngster? First of all, the reality of this child's problem needs to be acknowledged. Then a positive <u>Action plan</u> needs to be formulated. The youngster needs to be evaluated to see what his/her strong points and weak areas are.

THE ACTION PLAN

A plan of action in parenting is like a map for effective traveling. Many of us go through life not worrying about a plan until we feel lost; just as many of us won't use a map or ask for direction until we have no other choice.

Parenting is a responsibility that requires planning if it is to be productive and positive. There are two extremes: over parenting and little or none. Of course, neither extreme is good or helpful. A balance is never easy to reach, but is a healthy goal.

There are some sound, psychological principles that can be very helpful as guides to positive parenting. I have included a list of ten principles of behavior change which were shared with me by a clinical psychologist (see page 17). Some of these I have already alluded to. They merit serious consideration and practice. I have also included two pages entitled: "Effective Parenting" on pages 18 & 19 taken from a course entitled, Parent Effectiveness Training or "P.E.T." The general parenting goals and basic abilities described in those pages are very specific and concrete. They will prove helpful to you when you are looking for some very practical suggestions for formulating your own Action Plan for improving your parenting skills and therefore your relationship with your children.

Three particular areas for you to observe once you've set up some kind of plan to improve your parenting skills are: Your child's sense of personal success, school success, and social sucess, with peers, and friends. These three areas have different measures of importance to your children at different times in their lives. There is no hard and fast rule to follow as a measure here, but generally, elementary school age (K-6) children place high importance on doing well in their school work. Remember, I said generally.

Junior High School age children tend to be intent on "fitting in," being accepted by their peers, making friends, belonging to a group. This seems to be their main focus, but by no means their only concern. These children are filled with worries about their physical growth, dress, appearance, the opposite sex, grades, parent and sibling relationships. This is why it it crucial not to give up on them. Pressures at this age can mount high enough to

create deep anxieties, severe enough to need professional help. Without this help children may become withdrawn, depressed, discouraged, and hostile. Drugs, alcohol, sex, amorality and suicide can become extreme forms of escape from pressures that we as adults, have selectively forgotten. Alarming statistics don't seem to shake us out of our apathy, or we become so discouraged with them that we are even tempted to give up on our children. For anyone, but especially for parents, apathy and discouragement are dangerous alternatives.

Is there any doubt that parents want to have healthy relationsips with their children? How do these relationships break down? Did you ever wonder why we talk so much about communication today and yet do it so poorly? Perhaps it is the speed of our life style, the loss of a sense of caring, the demands, stresses and worries of daily life, that tend to place obstacles between us and those we care most about - our family.

One sure way to break down rapport and communication with your children is to make comparisons between them. Children have an innate sense of their own uniqueness. If they get reinforced for the positive aspects of their personalities they will develop their talents in a healthy way. If they are nagged about the negative aspects of their personalities and constantly compared to a "brighter", "prettier," "faster", "tidier", etc., sibling, they will grow resentful and stubbornly develop those unwanted traits.

Children often talk too much but so do parents. We both need to practice <u>listening</u> more carefully and sensitively. Quality listening can pay off. If we listen we can hear how much children worry. They worry especially about their parents, their brothers and sisters, the world. Children have many fears today. Will my mother and father get a divorce? Will my father/mother come home drunk? Will we move again? Will I ever be liked by friends, and so on and on.

Children are anxious about broader life situations such as nuclear war, peace, disease, hunger, justice, the poor and death. Adolescents have great curiosity and concern about sex and their sexuality. You are the person most likely to deal meaningfully with this sensitive topic. It is what and how you tell them that will most likely stay with them for life. They need to know that you care

enough to listen to their worries, fears and anxieties.

They need to know that you share common worries, fears, and problems. Only if you listen attentively will you be able to provide support, strength and direction to their uncertainties.

Their emotions are tender and if you listen carefully they will share those tender feelings with you, confident that you will understand and help, not make fun or put them down.

Their body language also has an infinite range for communicating meaning to you but you need to be aware of what lies underneath the exterior. Adolescents are especially skillful at hiding their true feelings. Sometimes they hide their emotional pain by acting very rough and crude, even hostile. Sometimes the hostility is a real symptom of a more serious problem. Dealing with this should not be postponed or neglected because it is likely to deepen and grow more serious.

Anger is one of the emotions that is frequently dealt with poorly. If your child never shows anger, you need to wonder and question. Children, especially the younger ones, need help in dealing with this emotion. It can be very frightening to them. Adolescents, too, need help working through their anger. It frequently gets them into trouble, usually because they deal with it destructively and without thinking.

Listening sensitively, then is vital. But what you say and how you say it, and your own body language is equally important.

Your children will know when you give careful thought to what they say. They will sense your concern or lack of sensitivity. They will know when you provide a "special" time for them and when you just answer quickly because you're "too busy." They will watch your body language toward them. And because children tend to personalize everything they will read non-caring and rejection when you are actually just tired, moody, sick or irritable. They can understand your body rythmns if you are willing to help them understand theirs. They will try to overcome their negative moods if they see you making an effort to do the same.

Children can tell when their parents want to be helpful. Effective communica-

tion means responding in a caring and sensitive manner to others. Parents and children both need to listen and speak to each other with caring words, gestures and meaning. Both need to look for better ways to say what they have to say with honesty, confidence and a caring manner. In short, with love.

GETTING IT TOGETHER

In sharing these few notions with you about parenting and family relationships it is my hope that your own sense of responsibility as a parent is deepened and appreciated, that you will feel renewed in your own confidence about what you know you are doing well with your children. I hope that if there are areas in which you want to feel more secure, you will plan to do so promptly rather than postpone a needed change. I hope you can read and reread this booklet, and perhaps share it with a friend, relative or colleague. I also hope you will share some of your good ideas with me so that I can include them in a future revision. My greatest desire is that your children will benefit from the enrichment and insights you will have gained.

GETTING IT TOGETHER: A Summary of Tips

1. Be sensitive: Try to understand what you are feeling and what your child is feeling.
2. Respond: to signs your children give you of worry, pressure, depression. (body language, ailments, headaches, stomach aches, sudden mood changes, self isolation, etc.)
3. Observe your children's choice of friends and discuss the importance of good friendships.
4. Talk with your children frequently without sermonizing, nagging, putting down, teasing, etc. Speak to them with that respect you want from them.
5. Listen to what your children say and even more carefully to what they don't say. Read in between their words.
6. Be clear about your household rules. If you make frequent exceptions, the rules won't work. However, if you never make exceptions you may end up creating anger and stubborness.
7. Give your children definite responsibilities and expect those jobs completed on time and well.
8. Observe how self confident your children are, or whether they seem to need a lot of encouragement.
9. Observe how your children follow through on a task. Do they habitually leave things half finished?
10. Observe if your children make decisions easily or with great difficulty.
11. Notice whether your children know how to set goals and meet them.
12. Be attentive and sensitive to how your children express separateness as well as closeness to you, and how you respond to this. (Regardless of age)
13. Observe your children at play or recreation as well as doing a job or task.
14. Notice how your children deal with a problem. Do they try to solve it or do they give up easily and turn it over to you?
15. Try to instill in your children a sense of right and wrong. What is their attitude toward lying, cheating, stealing, etc?
16. Teach your children how to apologize. Do they hear you saying you're sorry when necessary?
17. Reinforce your children's positive traits and talents and try not to make comparisons between your children.

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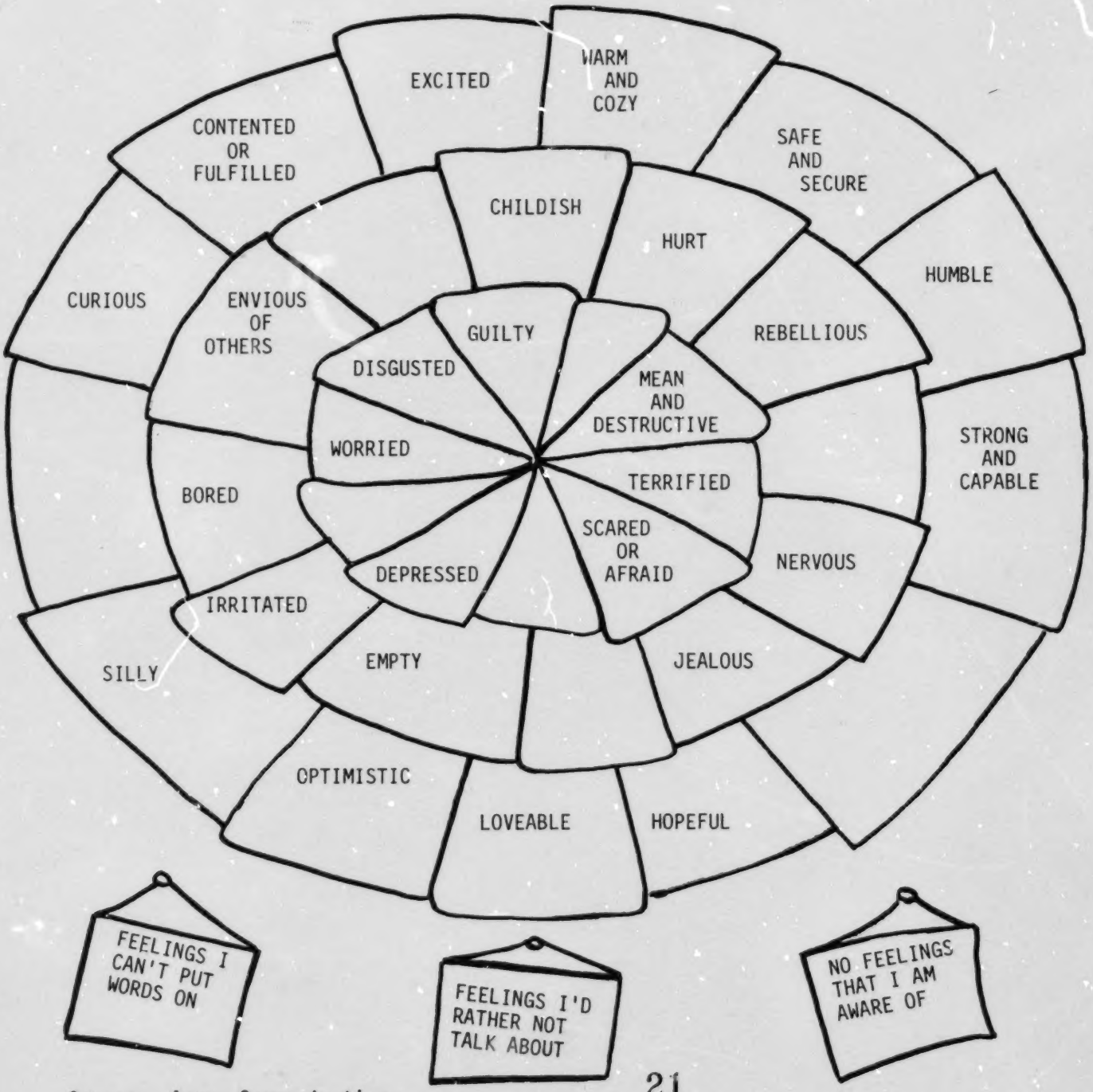
FEELINGS DISPLAY

1. Put a check by each of the feelings that you have had in the last few days.
2. Put a dot by the feelings that you rarely or never experience.
3. Write in some additional feelings that you sometimes have.
4. Star the one feeling (or one of the three signs below) to show one of your most common experiences.

MAKING SENSE OF OUR LIVES
BY MERRILL HARMIN, PH.D.



Source: Argus Communications

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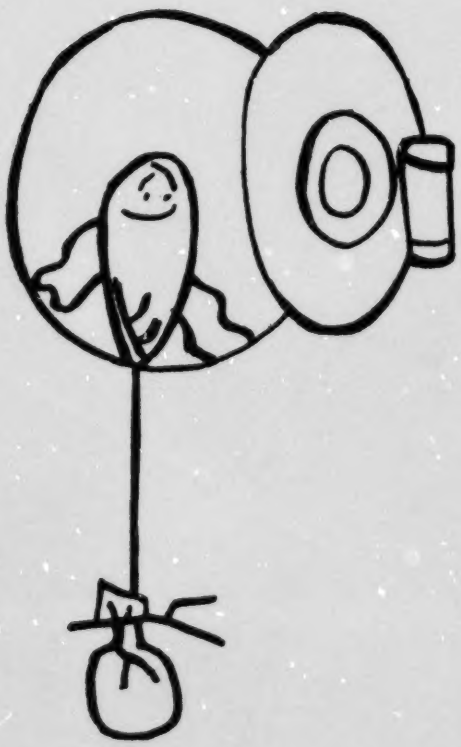
MAKING SENSE OF OUR LIVES
BY MERRILL HARMIN, PH.D.

"I VALUE..."

*Place a + beside 10 items below that you value most highly. Define the items in any way you choose.

(1) _____Excitement
(2) _____Close Friendships
(3) _____Inner peace
(4) _____Sense of self-worth
(5) _____Ability to make decisions
(6) _____Personal fame
(7) _____Financial security
(8) _____World peace
(9) _____Love
(10) _____Business or profession
(11) _____Equality for all people
(12) _____Comfort and pleasure
(13) _____Approval from others
(14) _____Being successful
(15) _____College degree
(16) _____A religious life
(17) _____Rewards for honest efforts
(18) _____Close family ties
(19) _____Clear personal goals
(20) _____Creativity
(21) _____Elimination of poverty
(22) _____Humor
(23) _____An effective world government
(24) _____Courage
(25) _____Flexibility
(26) _____Great personal wealth
(27) _____Leadership
(28) _____Plenty of free time
(29) _____Loyalty from others
(30) _____Problem-solving ability
(31) _____Sense of community with others
(32) _____Caring for others
(33) _____Freedom of speech
(34) _____Beauty
(35) _____Fun
(36) _____Preserving nature
(37) _____Justice for all people
(38) _____Pleasant surroundings



*Next, go back and place a 0 by the ten items that you value least highly.

*Now, choose your top three. Of the 10 items marked +, pick three about which you feel most strongly, and underline them.

*Finally, you may add some new items to the list. But add only items which are as important to you as are the three underlined items.

Source: Argus Communications

22

TEN PRINCIPLES OF BEHAVIOR CHANGE

Cathie Brown
Octover, 1974

1. Responses from adults are essential to the psychological health of children.

2. Being nagged at criticized, and punished are more desirable than being ignored.

3. Behavior which is followed by positive consequences is more apt to be repeated than that which is followed by negative consequences or goes unnoticed.

4. Respond to --- REWARD --- behavior you want.

5. Helping a child learn an acceptable way to behave is more effective than responding to unacceptable behavior.

6. Select a 'small' target behavior you want a child to learn. Don't begin with a difficult behavior. Change comes in gradual steps.

7. Learn what is rewarding to the child.

8. Positive reinforcements may be comments, smiles, hugs, privileges of planning a class party, baking the class a cake, or planning a special trip.

9. Reinforcers which help a child receive good feelings from other children are most effective. These help him feel better about himself, less dependent on adult approval, and more equal to his peers.

10. Punishment is important in expiating a child's guilt, but it does not teach new ways to behave.

EFFECTIVE PARENTING

The Goal of Parenting: to help a child improve his ability to take care of himself.

Psychological health involves the development of three basic abilities:

1. THE ABILITY TO SEPARATE ONESELF EMOTIONALLY FROM THE PARENT
   a. To feel secure in depending on one's own capacities.
      example: Who gets your children up?
   b. To establish and maintain ownership rights of time, space and property.
      example: Does every person in the family have his own things and certain space that is just for him/her? (Do all persons?)
   c. To approve of oneself and lessen the need for approval from others.
      example: Can you as a parent say no and mean it?...can you follow through? Can your child take a no?
   d. To make decisions and withstand disagreement and disapproval.
      example: Can you withstand family and neighbor pressure in holding to your own norms for raising your family? Can your children withstand disapproval?
   e. To plan one's own pleasures and rewards.
      example: Can each person in the family plan something within the family for themselves?
2. THE ABILITY TO BE EFFECTIVE
   a. To protect your person and react to agression.
      example: Can your children defend themselves without becoming bullies?
   b. To make demands of oneself and others.
      example: Do you procrastinate as a parent? Do your children?
   c. To use anger instrumentally.
      example: What do you accomplish when you get angry? What should your children accomplish when they get angry?

Effective Parenting (continued)

e. To express competencies.
example: Do you know what you are able to do? What children can do?

f. To recognize that being effective feels lonely, while helplessness invites caretaking.
example: As a parent, can you stand alone, or do you require others to take care of you? What about your children?

3. TO EXPRESS TENDERNESS, AFFECTION, AND CLOSENESS

a. To let others know you are pleased.
example: Can you give compliments and take them? Can your children? Do you let others know when you are pleased by them? Can your children do this?

b. To develop ways to please others.
example: Do you find yourself growing in considerateness for others? Do you find your children growing this way?

c. To develop supportive friendships.
example: How do your friendships help you realize yourself fully? Do your children know how to establish good friendships?

d. To express tender feelings through words and actions.
example: How do you feel when you say something tender to someone? Can your children do this? Can you touch someone other than a baby tenderly? Do you let your children be tender with you through touch?

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RECOGNIZING ROADBLOCKS TO GOOD COMMUNICATION

Use the list at the bottom of this page to pick out the type of "roadblocks" in these commonly used, adult messages. Mark the letter of the roadblock on the line before the item number.

_____1. Why can't you be more like Sammy? He never talks back to me like you do.

_____2. Go to the office right now, and don't you dare come back until you can act your age!

_____3. You probably don't like school because you're always in trouble.

_____4. My, what a good boy you are, picking up all the materials.

_____5. You only feel that way because your friends say it's the cool thing to do.

_____6. It is your duty as a citizen (member, etc.) to tell the truth--I can't help it if you're afraid.

_____7. Who do you think you are, talking that way?

_____8. Have you thought about talking it over with your mother? Perhaps she'll understand.

_____9. When I was your age, I never had the wonderful opportunities you have.

_____10. The next time I see you do that, you'll go to the principal's office.

_____11. You're just acting this way because you want attention.

_____12. Poor little baby...you hurt your little finger...come on let me see.

_____13. Do you have any idea how hard it is to get a job without a high school diploma?

_____14. The longer you stay in school, the more money you'll probably earn.

_____15. Don't be silly, Janet! Of course I like you.

Recognizing Roadblocks To Good Communication (continued)

RAODBLOCKS:

a) ORDERING - DIRECTING

b) WARNING - TREATENING

c) MORALIZING - PREACHING

d) INSTRUCTING - LECTURING

e) GIVING ANSWERS - SOLUTIONS (IGNORING FEELING)

f) EVALUATING: CRITICIZING - JUDGING - NEGATIVE WAYS

g) EVALUATING: PRAISING - JUDGING - POSITIVE WAYS

h) ANALYZING - DIAGNOSING

i) QUESTIONING - PROBING

j) DIVERTING - AVOIDING

k) TEASING - NOT TALKING SERIOUSLY

l) COMPARING

Source: Parent Effectiveness Training

COUNSELING

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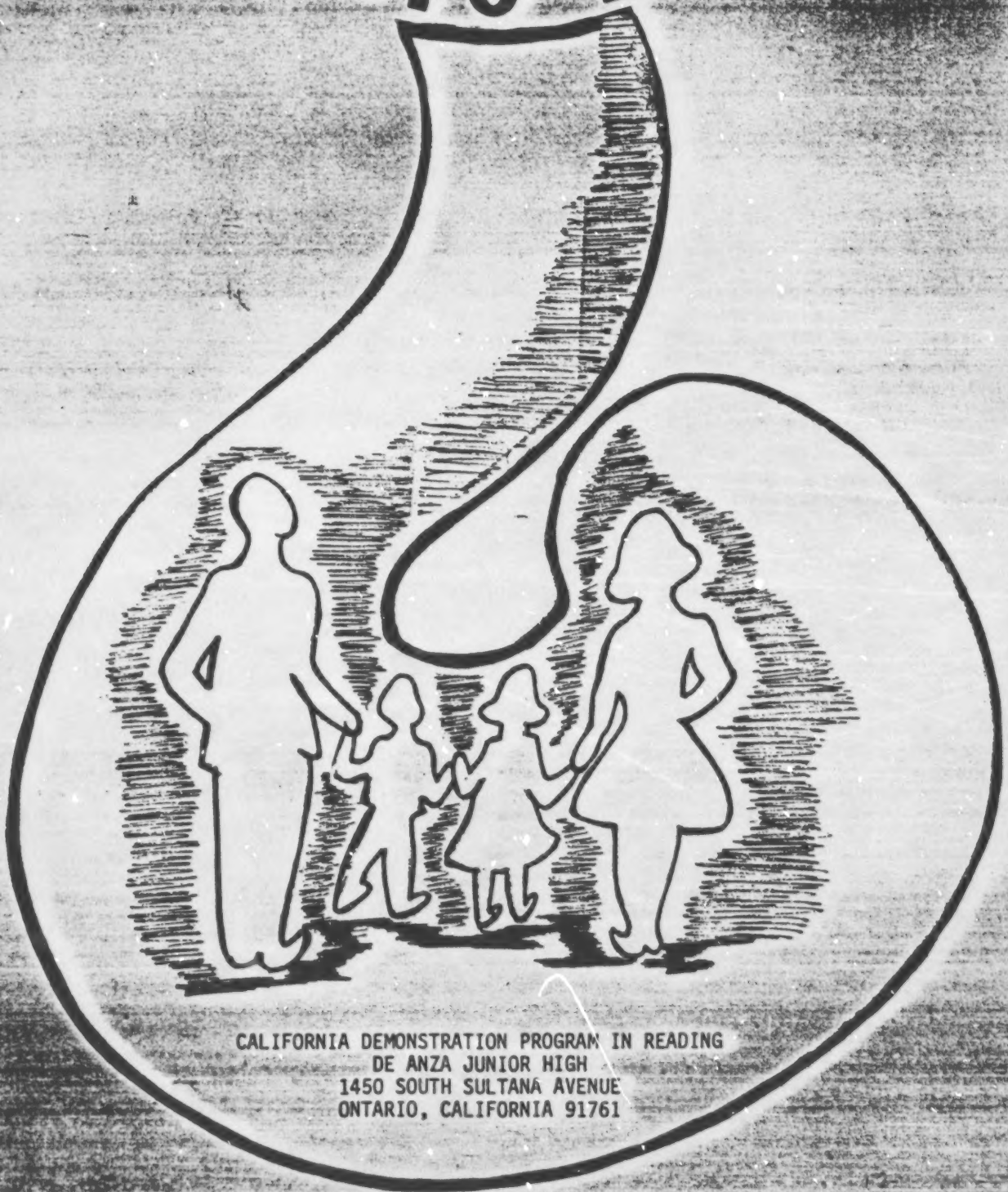
UN GRANITO DE ARENA



CALIFORNIA DEMONSTRATION PROGRAM IN READING
DE ANZA JUNIOR HIGH
1450 SOUTH SULTANA AVENUE
ONTARIO, CALIFORNIA 91761

UN GRANITO DE ARENA:

DEDICO ESTE LIBRITO
A UDS: PADRES Y
MADRES DE FAMILIA.
¡CUANTOS CRITICAN
SU TRABAJO Y QUE
POCOS EXTIENDEN LA
MANO PARA AYUDARLOS
EN SU MISION:

Estimados Padres:

¡Les dedico este librito! Su vocación es una que siempre requiere infinita paciencia. Cuántos critican el trabajo de los padres, ¡qué pocos extienden la mano para ayudarlos en su misión: No cabe duda que la responsabilidad de ser padre o madre de familia es pesada y exige ciertas habilidades para promover la formación sana de los hijos. Más que nunca en la historia se necesita preparación para el parentezco. Es urgente tener una filosofía básica, cierta preparación y una actitud positiva. Es importante saber cómo promover confianza y responsabilidad en los hijos.

Deseo con este folleto poner un grano de arena en la tarea que Uds. realizan. ¡Si se puede!

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1 UNA FILOSOFIA DEL PARENTEZCO

El parentezco es una vocación seria, exige personas maduras y diestras en la manera de guiar, y disciplinar a los hijos. Esta tarea es delicada y se basa sobre el buen ejemplo. Con el ayudarán a sus hijos a descubrir y hacer suyos aquellos valores que Uds. aprecian.

Es importante comprender la importancia del valor personal y la confianza en sí mismo como padres y madres de familia. Esto determinará el buen éxito de la imagen y el valor que cada uno de sus hijos tenga. Para promover la confianza y el valor en sus hijos se exige que Uds. comprendan y exerimenten lo que esto significa. Sin esa comprensión propia, ¿Cómo lo promoverán en ellos? Es importante reflecionar sobre el valor propio. Claro, si se sienten inadecuados como padres o incapaces de darles dirección y consejos a sus hijos el resultado puede ser una tragedia o, a lo menos, muchos problemas. Veamos, con un ejemplo, a lo que me refiero: Si el papá o la mamá es una persona negativa, corajuda, con poca disciplina propia y trata dirijir a sus hijos con es ejemplo, fracasará: Ellos verán su ejemplo, y al fin y al cabo, se revelarán. La orientación negative o positiva se aprende en gran parte por el buen o el mal ejemplo. Si se adquiere al principio que la persona está en proceso de cambiar, entonces por consiguiente la persona puede mejorarse. Lo más difícil es motivar al niño o al jóven y darle mucha ayuda y la oportunidad de crecer. Entonces, aunque la estimación propia esté dañada, se le puede ayudar a mejorar o a reconstruir su respeto propio. Padres y madres de familia, sus hijos dependen de Uds. para su desarrollo y formación. Ellos se darán cuenta de cómo solucionan sus problemas, cómo superan sus humores, cómo se comunican en su matrimonio, cómo siguen su cárrera o trabajo y cómo utilizan su tiempo de descanso. Sus hijos seguirán su ejemplo día a día y la forma de afrontar y realizar las tareas cotidianas en el hogar.

Desde el primer momento que nacen, sus hijos sentirán el cariño o el rechazo, esto ayudará a la orientación positiva o negativa de los hijos. Prácticamente, la persona positiva es esa persona que experimenta el valor de sí mismo en el cariño y respeto que sus padres le dan y por la sèguridad y confianza con que la tratan. Al contrario, ese niño que solo esperimenta regaños, críticas y desánimo, será un niño confuso, sin confianza y negativo hacia todo el mundo. O se sabrá comportar con confianza en sí, aceptando a los demás, y abriendose paso por la vida con actitud positiva y sana. Por eso la estimación propia es lo más importante en la promoción del crecimiento psicológico de la persona. Al mismo tiempo hay que disciplinar con firmeza. Lo que más ayuda al parentezco efectivo es un balance entre la disciplina y el cariño. Sin embargo, a veces los mejores esfuerzos son ignorados por hijos que han optado por la delincuencia o la vagancia. En estos casos los padres pueden hallar ayuda de personas que tienen entrenamiento especial para los problemas más serios tales como el de las drogas, el libertinaje etc. Hay psicólogos, psiquiatras, consejeros, sacerdotes y ministros que son especialistas preparados para ayudarles a Uds. en la tarea y misión de formar a sus hijos. Todavía vivimos con desconfianza y no recurrimos a personas profesionales que nos ayuden debido a nuestra misma educación y actitud descuidada. La confianza propia es muy importante porque vivimos en un mundo que promueve el miedo, la mentira y la desconfianza. Si el niño se va a desarrollar sanamente, necesitará que sus padres lo animen y al mismo tiempo lo disciplinen. Se necesita repetir que es importantísimo el balance entre la disciplina y el cariño en la crianza de los hijos.

Lo más dificil para educar a los hijos es reconocer la personalidad única de cada uno, no todos son iguales, cada niño, o jóven responde creativamente a sus necesidades, actúa y se expresa según se ve a sí mismo y la orientación que quiere darle a su personalidad. Otro punto importante y delicado que habrá de advertir es el de comparar a hijos entre ellos mismos. Esto causa mucha angustia y dolor. Es muy fácil comparar a un hijo con otro porque uno es más listo, cariñoso, risueño, etc. En ese momento los padres deben detenerse a pensar en el daño que pueden causar. Es preferible reforzar lo positivo.

2 EN EL HOGAR

Cuando la autoridad es animada por el cariño y el respeto, el hogar es el lugar más favorable para un crecimiento sano! Ahí, en casa aprenderán los hijos el sentido y el valor de ser personas en una comunidad de amor. Muchos niños hoy dia, se hallan en situaciones complicadas y duras. A veces una persona sola tiene que criar a los hijos,ya puede ser solo el papá, la madre, los abuelos, o los tíos, etc. Esto sin duda afectará la situación en el hogar. Si las personas responsables comprenden su papel y la enorme responsabilidad que tienen, buscarán el apoyo y ayuda necesaria para crear el ambiente en que los niños crecerán hasta llegar a ser personas maduras y a su vez responsables. Reconocerán la dignidad de cada persona porque experimentarán el respeto mutuo en el hogar. Tambien se darán cuenta de que los problemas y dificultades forman parte del desarrollo de cualquier familia o grupo. Por medio del buen ejemplo aprenderán a enfrentar sus problemas y a solucionarlos. Descubrirán el valor del sacrificio para el bienestar de su familia.

De esta manera se promoverán relaciones positivas en los hijos. La confianza, el cariño, y el calor en el hogar en el cual aman y en un ambiente de confianza se creará la comprensión necesaria para sostener, tolerar y resolver las dificultades y los problemas que surgen en la vida familiar. En el hogar, los hijos exigen la seguridad, el cariño y la disciplina más que todas aquellas cosas materiales que a veces los padres codician para sus hijos. Cuando no hay la confianza ni el ejemplo de los adultos, los niños tienden a engañar y a encubrir sus faltas y debilidades. Es importantisimo evitar los jueguitos deshonestos en la comunicación con ellos. Hay muchas preocupaciones que los hijos sufren aunque a veces los padres no se dan cuenta. Se empiezan a independizar como es natural. No hallan su lugar y quieren separarse pero no saben cómo hacerlo.

Las emociones de los hijos en edad temprana están muy tiernas. Durante la adolescencia los sentimientos están desarrollandose. Hay mucha confusión en el proceso del crecimiento. Por esto es urgente tener mucha paciencia para tolerar y poder ayudar. Los padres o adultos responsables tendrán que demonstrar la madurez necesaria para ser capaces de llevar a cabo su responsabilidad. Llegará el momento cuando Uds. tendrán que sentarse con sus hijos y

francamente aconsejar, dirigir y dar respuesta a sus preguntas, preocupaciones, y ansiedades.

Los valores más importantes se aprenderán y promoverán primero y profundamente en el hogar. En primer lugar se practicarán los valores religiosos, culturales, y morales que quedarán grabados en la conciencia y vivir de la persona en crecimiento cuando se ven en el buen ejemplo del adulto y no cuando se predican de la boca hacia afuera. Para que el hijo no sea mentiroso, robe, o defraude es urgente enseñarle el respeto a la persona, la propiedad, su individualidad, y su tiempo. Se fijarán en el ejemplo de los padres como el modelo a seguir o rechazar. Claro que todo adulto tiene sus flaquezas, y defectos a pezar de eso, tambien tienen la capacidad de darse cuenta, arrepentirse y cambiar. En la familia es muy importante aprender a perdonar y a pedir disculpa. Tambien se debe ser compasivo. Si son insensatos y demasiado severos con los hijos, ellos, a la vez, crecerán a ser igual o peor!

4 PLAN DE ACCION

Se empieza desde la cuna. El niño necesita ser guiado, que lo acaricien, lo corrijan, que lo animen cuando hace bien, y lo disciplinen cuando es necesario. Según las respuestas que den los padres irán formando a sus hijos de una manera psicológicamente sana. Es decir, que deberán ser respuestas inteligentes, sensibles, y prudentes. Hay que recordar que para formar el comportamiento se requiere mucha paciencia, delicadeza y tiempo.

Es sano permitir que los hijos expresen sus sentimientos. En la manera cómo se expresan es lo que se debe observar bien. (Para ayudarles a comprender las expresiones de los sentimientos de los niños o los jóvenes, he incluido una página por separado de vocabulario pagina 10.) No es bueno vivir con sentimientos reprimidos. Toda persona merece ser escuchada con el respeto y la franqueza mutua.

Hay que ser buenos observadores y descubrir de todo lo que se relaciona con sus hijos, e.g. su carácter, amistades, humor, trabajos, estudios y problemas. Las drogas, el alcoholismo, la pornografía y el crímen atráen a los jovenes que reciben poco cariño y dirección. Sus energías se van corralezando en malas compañías, pensamientos y acciones que los destruyen poco a poco. El fijarse metas es una habilidad muy importante. La persona motivada se pone objetivos diarios y trabaja hasta cumplirlos. Los hijos se fijarán en las metas que Uds. se ponen. Se darán cuenta por ejemplo, de cómo guardan y gastan el dinero; cómo planean sus paseos, gastos, y vacaciones. Esto les demonstrará el modo de cómo se organizan las actividades y el bienestar de la familia.

Disciplina. Según la edad de sus hijos se debe seguir un horario con regularidad. Deben tener tiempo específico para levantarse, acostarse, estudiar, jugar, y trabajar. Su SALUD, la limpieza, de dientes, de cuerpo y de ropa es importante. RESPONSABILIDADES. ¿Cumplen con sus deberes? ¿Hacen su tarea? ¿Se nota la habilidad de fijarse metas en su plática? ¿Sabe hacer decisiones independientes? De un parentesco unido, ordenado y cariñoso saldrán hijos responsables. Cuando sus hijos vean el buen ejemplo en el cumplimiento de sus valores y deberes podrán tener éxito en sus esfuerzos por realizarse.

Cuando sus hijos experimentan dificultad en su desarrollo estarán confusos, y psicológicamente desorganizados y desconfiados. Se demonstrarán incapaces de

resolver sus problemas. A veces los síntomas de esta incapacidad se manifestarán por medio de una actitud de enojo, una insistencia en el capricho, o el coraje. Este tipo echará la culpa a todo el mundo por sus incapacidades.

4 SUGERENCIAS: ¿QUE SE PUEDE HACER CON UN HIJO REBELDE E INADECUADO?

Primero se exíge reconocer que tiene problema. Entonces se debe resolver a tomar una ccción bien planeada. Este plan será como un mapa que nos guía. Muchas veces uno se pierde y no pide dirección en el camino hasta que ya anda perdido, tambien en la vida, cuando uno se acompleja y no pide dirección hasta que no halla que hacer puede haber perdido el tiempo y no podrá remediar los daños No seamos injustos con los hijos. Mejor es prevenir que lamentar. Hoy en dia hay mucha ayuda para los padres con verdadera necesidad de consejos y dirección y apoyo.

HAY TRES NIVELES CRITICOS DEL DESARROLLO SANO

Primero: El crecimiento personal por el desarrollo y la salud física.

Segundo: El éxito escolar: al obtener buenas calificaciones en los estudios; especialmente la lectura y matematicas y en la comprensión de la historia de su cultura y su gente.

Tercero: En su relación social: sus amistades y compañeros, clubs, etc. y en la pertenencia a una familia, a un pueblo y a una determinada cultura.

Estas tres areas serán importantes a sus hijos según sus edados. Aquí no hay regla fija. Cada padre tendrá una sensibilidad particular para sus hijos. Los jóvenes o niños se preocuparán de su apariencia física, de sus amistades, de sus relaciones con el sexo opuesto, y de hallar su lugar en el grupo. Tambien se preocuparán de los problemas familiares. Por esto es importante que los padres no se desanimen en la crianza de sus hijos. Las drogas, la pornografía, el alcohol, el sexo explotado, y la falta de conciencia llaman la atención y atraen fuertemente a sus hijos. Es urgente la vigilancia y dedicarse más a sus estudios y a su desarrollo sano.

¡Todos pagamos caro por el parentezco y la paternidad desidiosa, floja y descuidada!

Rivalidad! Hay falta de igualdad cuando padres comparan a sus hijos y los ponen en rivalidad. Esto deprime a muchos jóvenes y causa el rencor y la rebeldía.

Sin duda, los padres desean relaciones sanas entre sus hijos. Entonces, ¿por

qué será que hoy en día se platica tanto de la comunicación y se comunica tan poco? ¿Será que necesitamos re-evaluar nuestros valores y nuestro estilo de vivir? Quizá los acontecimientos de la vida, el tiempo, las apuraciones, etc. tienden a poner obstáculos frente un diálogo productivo.

Durante los años del desarrollo la visión del jóven se extiende. Tambien su punto de vista y las realidades que le afectan se extienden. Pero se le hace que existen muy lejos de su mundo familiar. Se preocupa por la falta de paz en el mundo, la injusticia, la pobreza y los niños que sufren hambre. Es importante dirigir la conciencia social de los niños frente al destino de los que sufren y son víctimas del dolor y la miseria, el hambre y la injusticia. Padres comprensivos sabrán discernir cuándo y cómo dirigir, corregir y, a veces nada más escuchar a sus hijos cuando necesitan su atención.

De vez en cuando lo más básico es tomar con paciencia sus negligencias y arrebatos de mal humor. Especiálmente durante estos años de la adolescencia. Es importante saber escuchar a los hijos, animarlos y darles buenos consejos con cariño. Consuélenlos en sus tristezas. Sus sentimientos están muy tiernos y sería fácil lastimarlos, dañarlos, y distanciarlos. En este tiempo exigen su cariño más que nunca.

Los gestos son un medio importantisimo de la comunicación entre jóvenes pero no únicamente entre ellos. Así como cualquier idioma, es dificil comprenderlos. Exigen el estudio porque el jóven con frecuencia esconde sus verdaderas intenciones, motivos, y penas. Por eso sus padres deben ser cuidadosos y observantes. Sus hijos sabran cuando los escuchan con sensibilidad y comprensión. Si los padres saben superar su mal homor, los hijos seguirán su buen ejemplo. Si los padres han cultivado una relación de respeto con hijos entonces el fruto será una comunidad de personas en paz y armonía/ Habrá un diálogo abierto, honesto, confiado y cariñoso.

CONCLUSION

Estimados padres y madres de familia, mi esperanza al haber escrito este librito ha sido el ofrecerles unas ideas concretas respecto el parentezco saludable. Tambien espero que este trabajo enfoque en la enorme responsabilidad que es de Uds. Pretendo ofrecerles confianza en lo que están haciendo bien en la crianza de sus hijos, y ánimo para seguir adelante a mejorar lo que falta. El cambio para mejorar el parentezco es dinámico y requiere entusiasmo, creatividad, dedicación, y perseverancia. Espero que el librito les ayude a reflecionar seriamente sobre la responsabilidad que tienen de ser guardianes de sus familias. Que los inspire a ser cada vez mejores padres de lo que son ahora. Que sean sensibles, firmes, y cariñosos en sus hogares. En fín, espero que lo compartan con sus amistades, para que mútuamente nos ayudemos a crear un mundo mejor, al cumpir con nuestro deber con amor y dedicación. ¡EXITO EN SU MISION!

Vacabulario De Sentimientos

siento:

Source: Argus Communications